



**African Senior (29<sup>th</sup> Men & 18<sup>th</sup> Women)  
Weightlifting Qualification Championships for  
2020 Tokyo Olympic Games**

**CAIRO, EGYPT**

**23 - 30 April 2019**



**To: All National Weightlifting Federations/Associations**

**Dear President/ General Secretary,**

## **INVITATION**

The Egyptian Weightlifting Federation has the pleasure to invite your National Team to participate in the **African Senior (29<sup>th</sup> Men & 18<sup>th</sup> Women) Weightlifting Qualification Championships for 2020 Tokyo Olympic Games** during the period from 23<sup>rd</sup> to 30<sup>th</sup> April 2019 in Cairo - Egypt.

On this occasion, we are pleased to send you this invitation to participate in this event. And we are honored to welcome you to our *City of Peace*, and to Egypt, your home away from home.

Kind Regards

Hisham Hamdi  
Executive Director

Mahmoud Kamal Mahgoub  
President OF EGY.W.F

Hisham Hamdi



Mahmoud Kamal Mahgoub



## REGULATIONS

### 1. Dates and Place

23<sup>rd</sup> to 30<sup>th</sup> April 2019 Cairo, Egypt.

### 2. Competition Venue

Hall Cairo Stadium

### 3. Training Venue

Indoor hall in Cairo Stadium

The venue will be available for training from 23<sup>rd</sup> to 30<sup>th</sup> April 2019

### 4. Competition Regulations

The competition will be held and organized in accordance to the IWF Technical and Competition rules & regulations, 2018 IWF Calendar Policy and IWF Anti-Doping Policy.

The WFA will appoint the technical officials (ITOs) whom will be nominated by their national Federations/Associations to officiate for the championships.

### 5. Eligibility

According to the IWF Technical and Competition rules & regulations, the athletes born in 2004 or earlier have the eligibility to participate.

The passport is considered as the sole official document to prove the age and the eligibility of the Athlete.

In accordance with Article 5.6.5 of the IWF Anti- Doping Policy an Athlete who is not listed on the IWF's Registered Testing Pool but wishes to participate in an IWF Event shall provide accurate and complete whereabouts information as set out at Annex I of the International Standard for Testing and Investigations **for a period of at least two months** prior to the IWF Event in question. An Athlete who does not comply with this provision is not eligible to compete at the IWF Event.

Only IWF Member Federations or their competitors that has no arrears towards the IWF & WFA are eligible to participate.

A maximum of ten (10) men and ten (10) women senior competitors could be registered plus two (2) reserves for each gender and age group may also be entered but during the verification of final entries each country can only register (10) men and (10) women senior competitors as a final entry without any reserves.

It is possible to change the bodyweight categories and the entry total latest on the Verification of Final Entries.

The maximum participating team must be spread amongst the bodyweight categories with a maximum of two (2) athletes per category.

The IWF and WFA will not accept any preliminary or final entries after the stated dates.

### 6. Event Categories

MEN: 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg

WOMEN: 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg



## 7. Entries, Forms

Enclosed are both preliminary and final entry forms, and it should be filled and return to the following:

Organizing Committee [weightlifting\\_egy@yahoo.com](mailto:weightlifting_egy@yahoo.com)

Weightlifting Federation of Africa [newwfa@hotmail.com](mailto:newwfa@hotmail.com)

Maximum athletes allowed on preliminary and final entry forms for both senior men and women are 12 competitors for each gender.

Forms must be sent together with the electronic photo (3x4, with white background), and passport copies before the deadline.

All forms must be sent to the following address: [weightlifting\\_egy@yahoo.com](mailto:weightlifting_egy@yahoo.com) & [newwfa@hotmail.com](mailto:newwfa@hotmail.com)

### a) Preliminary Entries

Preliminary entry forms should be submitted no later than **23 February 2019** and Visa Application Form is to be sent as soon as possible, **to finish Security permission from Passport & Immigration Administration**

### b) Final Entries

Final entry forms & Team Accommodation Form, Transportation Form should be submitted latest by **23 March 2019**.

## 8. Equipment

**Sport Equipment:** IWF approved sport equipment will be provided

**TIS Result System:** Approved by IWF

## 9. Doping Control

Doping Control will be conducted during the competition in accordance with the IWF Anti-Doping Policy and will be carried out by the IWF selected DCOs.

## 10. Accreditation

The federations/associations must send the colored photos for all the delegates (athletes and officials) with the final entry forms.

Accreditation of the delegations will take place at the Dar El Hayia El Handasia Hotel upon arrival.

### Note:

Please note that the accreditation will be valid only for the days registered on the Accreditation Card at the Accreditation Centre and will be issued only after full payment of accommodation, entry and Anti-Doping fees.

Check-in is after 12:00, check-out is before 12:00.

## 11. Accommodation

Hotel (New Dar El Hayia El Handasia – Cairo – Egypt)

The hotel will be provided from 23<sup>rd</sup> -30<sup>th</sup> April 2019 with the following normal rates:

**100USD\$** full board per person per night for Double room.

**120USD\$** full board per person per night for Single room.



## 12. Financial Conditions

- a) Only affiliated national federations/associations that have paid their IWF and WFA subscription fees have the right to participate in this competition.
- b) Entry Fee of **US \$150** per athlete (including US \$50 Anti-Doping Fee) shall be paid to the WFA by each delegation.
- c) Other participants - **US \$100** per person (except the officials whom will be appointed to officiate during the competition).
- d) Cash payments in US Dollars will be settled on arrival by all participating teams at the Hotel Accreditation Center. No accommodation and meal vouchers or accreditations will be offered to any delegation's member until the Organizing Committee (OC) has received payments in full.
- e) According to the IWF TCRR, and as this championship is qualification event for the 2020 Tokyo Olympic Games, therefore the WFA will appoint Cat. (1) ITOs from the nomination list of their national federations to be officiated in the championship and the Organizing Committee will cover the accommodation and board costs for the technical officials who will be appointed to officiate for the competition.
- f) The Organizing Committee will cover the accommodation and board costs for the WFA President and General Secretary or one of WFA delegate, one of IWF delegate, the WFA TIS staff members, one of the WFA secretariat and appointed IWF DCOs.
- g) Accommodation and Transportation forms (in the Final Entry form) shall state the date and time of arriving and departure, which airline and flight number of each delegate will be arriving on.

**Note:** For any nation not providing entry forms before the deadline in a correct way, the Organizing Committee will not guarantee the price and type of the room written in the regulations.

## 13. Transport

- a) The Organizing Committee (OC) will provide shuttle bus or van transportation service from/to Cairo and Alexandria International Airports for all delegations upon their arrival and departure.
- b) Buses will be provided to/from competition and training venues.
- c) Participants must provide their full and accurate flight schedule by **23 March 2019**.
- d) Transportation forms shall be stated which airline, flight number and times each delegate will be arriving and departing and any change in travel schedule must be communicated on time.

## 14. Visas

All participants are required to get visa to enter Egypt.

Visa of Egypt can be issued at any Egyptian Embassy or diplomatic mission abroad. Organizing Committee will supply visa invitation letters to all federations/associations.

It is important to send the Organizing Committee each participant's passport copies in clear format, 3x4 cm sized photos with white background and fully filled visa application forms **not later than 23 February**.

**Important note:** Visa application will be processed in a minimum of three weeks, after which an invitation letter will be sent.



### 15. Flags and National Anthems

Each Member Federation should bring two (2) national flags sized 100x150cm and the national anthem on CD/USB drive. This must be submitted upon arrival/accreditation to Organizing Committee (OC).

### 16. Awards

The WFA is responsible for providing the Trophies, Medals and Certificates.

Gold, silver, and bronze medals will be awarded in the Snatch, the Clean & Jerk, and the Total in each bodyweight category.

Team trophies will be awarded to the best six teams respectively for both Men's and Women's competitions in accordance with IWF Team Classification.

The WFA will provide the trophies for best men's and women's lifters.

### 17. Health Insurance

According to the IWF TCRR, all participants must be under coverage for travel and accident/injury by their respective Federations before their departure from their hometown.

### 18. General Information

The average temperature in Cairo, Egypt during the days of Championships will be approximately between 23 – 27 degrees on Celsius.

Electricity supply in Egypt is 220 Volt.

### 19. Tentative Program

#### 23 April 2019

Arrival of the delegations

#### 24 April 2019

10:00 Verification of final entries and Technical Official Meetings  
12:00 IWF Anti-Doping Seminar  
15:00 African Committees Meeting  
17:00 WFA Executive Board Members Meeting

#### 25 April 2019

10:00 WFA Congress Meeting  
16:00 45Kg, 49 Kg Women  
18:00 55 Kg Men

#### 26 April 2019

11:00 55 Kg Women  
13:00 61 Kg Men  
16:00 59 Kg Women  
18:00 67 Kg Men

#### 27 April 2019

11:00 64 Kg Women  
13:00 73 Kg Men  
16:00 71 Kg Women  
18:00 81 Kg Men



### 28 April 2019

11:00 76 Kg Women  
13:00 89 Kg Men  
16:00 81 Kg Women  
18:00 96 Kg Men

### 29 April 2019

11:00 87 Kg, +87 Kg Women  
13:00 102 Kg Men  
16:00 109Kg, +109 Kg Men  
18:00 Closing Ceremony

### 30 April 2019

Departure of the delegations

Please note that the competition program is subject to changes depending on the entries.

### Contact Details

The Organizing Committee contact details:

Egypt, Cairo city, National federation Complex, Cairo stadium

Tel: (00202) 22616837, (00202) 22621476

Fax: (00202) 24031050

EGY Director: (00201016310631)

E-mail: ([Weightlifting\\_egy@yahoo.com](mailto:Weightlifting_egy@yahoo.com))

We are looking forward to receiving you in Cairo as our valuable guests.

Attached;

- Entry Forms (Preliminary and final)
- Flight Details
- Accommodations

  
**Mahmoud Mahgoub**  
**President of Egyptian Weightlifting Federation**

